



**FAQ's for Pilates for Dressage Symposium  
March 27-29, 2009**

**Tulsa Expo Square Explorer Barn and QuikTrip Center**

***So what is Pilates anyway?*** Pilates is a form of exercise that was developed by Joseph Pilates during WW2 to help rehabilitate people who were injured. Most people know who Jack LaLane is because of his work in calisthenics, what people don't realize is that Joe Pilates and Jack LaLane were in a competition for a TV show and Jack LaLane won. If Joe Pilates had won his exercises would be well-known.

***Oh, okay. So how will this help me be a better rider?*** Pilates is used by dancers and now horse enthusiasts because the exercises are designed to elongate the muscles instead of bulking them up. The core muscles are very important to maintain the balance you need to be effective as a rider. Pilates exercises are beneficial in being able to not only recognized the separate muscle groups, but also strengthen them.

***I don't have time to devote to a new exercise program!*** The best part about Pilates is you don't have to do hundreds of repetitions to achieve the results you want. It is about technique and the benefits of breathing correctly while doing the exercises.

***Man, that sounds too good to be true. Who are the instructors for this symposium?*** Janice Dulak is a Level 2 Romana's Pilates Instructor and author of the book Pilates for the Dressage Rider. She is teaming up with Sarah Martin, USDF T-4 Instructor and USDF Gold Medalist. They combine their knowledge to help the dressage rider increase greater body awareness and learn techniques to develop their riding potential.

***I hear all the rider spots are filled, how will the lecture, floor work, and auditing benefit me?*** The floor work will introduce exercises which involve bending and twisting to begin the concept of stabilizing the core for use of the upper body. These exercises will help the rider stabilize the torso when doing circling work.

The rising and sitting trot will be addressed in relation to the use of the "wrap" of the leg to keep the hip angle open during trot work and the use of the "scoop" for deepening the seat and keeping the hip angle open for the sitting trot. This phase also begins to address all lateral dressage work.

Janice will also relate how particular Pilates exercises can inform the musculature necessary for the sport and art of riding dressage, and she will help us understand the lengthening and collection of the human spine through Pilates which will help us to "feel" what lengthening and collection means for the horse in dressage.

***This will really help my riding, what are the options and cost for attending?*** The complete schedule is posted on the ODS website. The lecture will be held Friday, March 27, at Chimi's on Cherry Street and Peoria. The cost is \$10 plus your dinner. Daily auditing of rides is \$15 for one day or \$20 for both days, daily auditing includes the lecture. If you want to participate in both 2-hour morning Pilates sessions with Janice, which won't be 2 hrs of exercise only but a lot of explanation of technique, the cost is \$75. That includes the lecture, doing the Pilates exercises and auditing of all rides. There are just a few spots left for this great opportunity to get *personal attention* from a highly credentialed Pilates instructor who knows horses and what we specifically need to improve our balance and riding. These prices do not include any meals.

***Wow, what a deal! I'm ready to sign up! Who do I contact and what do I need to bring?*** Contact Anne Kuhns ASAP either by phone or email 918-272-4789 or [akuhns@atlasok.com](mailto:akuhns@atlasok.com) to get your spot reserved and lunches preordered (optional). You'll need comfortable workout clothes for the Pilates class and a mat. Both instructors will be on separate sound systems so you'll hear everything they say.

***See you there!!!***